

ÁREA DE FORMACIÓN

CENTRO DE REFERENCIA ESTATAL DE ATENCIÓN A PERSONAS CON ENFERMEDAD DE ALZHEIMER Y OTRAS DEMENCIAS

MINDFULNESS

- Churcher Clarke, A., Chan, J. M. Y., Stott, J., Royan, L., & Spector, A. (2017). An adapted mindfulness intervention for people with dementia in care homes: feasibility pilot study. *International Journal of Geriatric Psychiatry*.
- Hernández, D. J. Q., Barrachina, M. T. M., Fernández, I. I., del Pino, A. S., Hernández, J. R., García, J. R., & Montesdeoca, M. D. P. Q. (2015). Estimulación basada en mindfulness en la enfermedad de Alzheimer avanzada: ensayo clínico piloto comparativo de equivalencia. *Revista Española de Geriatría y Gerontología*, 50(4), 168-173.
- Kabat-Zinn, J., & Hanh, T. N. (2009). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness. *Delta*.
- Larouche, E., Hudon, C., & Goulet, S. (2015). Potential benefits of mindfulness-based interventions in mild cognitive impairment and Alzheimer's disease: an interdisciplinary perspective. *Behavioural brain research*, 276, 199-212.
- Lima, S., Gago, M., Garrett, C., & Pereira, M. G. (2016). Medication adherence in Alzheimer's disease: The mediator role of mindfulness. *Archives of gerontology and geriatrics*, 67, 92-97.
- Quintana-Hernández, D. J., Miró-Barrachina, M. T., Ibáñez-Fernández, I. J., Pino, A. S. D., Quintana-Montesdeoca, M. P., Rodríguez-de Vera, B., ... & Bravo-Caraduje, N. (2016). Mindfulness in the maintenance of cognitive capacities in Alzheimer's disease: a randomized clinical trial. *Journal of Alzheimer's Disease*, 50(1), 217-232.
- Quintana-Hernández, D. J., Miró-Barrachina, M. T., (2016) Mindfulness based stimulation for elderly people with Alzheimer's disease or other types of dementia. *Papeles del Psicólogo*. Vol. 36(3), pp. 207-215.

- Robertson, G. (2015), "Spirituality and ageing – the role of mindfulness in supporting people with dementia to live well", *Working with Older People*, Vol. 19 Iss 3 pp. 123 - 133
- Sapozhnikov, D. (2015). The Promise of Mindfulness-Based Interventions as Therapies to Prevent Cognitive Decline. *McGill Science Undergraduate Research Journal*, 10(1).
- Smart, C. M., Segalowitz, S. J., Mulligan, B. P., Koudys, J., & Gawryluk, J. R. (2016). Mindfulness training for older adults with subjective cognitive decline: results from a pilot randomized controlled trial. *Journal of Alzheimer's Disease*, 52(2), 757-774.

CORREO ELECTRÓNICO:

documentacion-
crealzheimers@imserso.es

C/ CORDEL DE MERINAS DE
CHAMBERÍ, 117
37008 SALAMANCA
TEL. 923 28 57 00
FAX: 923 21 55 68